

ÄMAN
SPA

Contents

<u>Wellness at Amankora</u>	03
<u>Amankora Paro</u>	04-14
Aman Signature Treatments	
Grounding	
Purifying	
Nourishing	
Result-Oriented Facial	
Amankora Signature Treatments	
Mindfulness	
Spa Reminders	
<u>Amankora Thimphu</u>	15-25
Aman Signature Treatments	
Grounding	
Purifying	
Nourishing	
Result-Oriented Facial	
Amankora Signature Treatments	
Mindfulness	
Spa Reminders	
<u>Amankora Gangtey</u>	26-35
Aman Signature Treatments	
Grounding	
Purifying	
Nourishing	
Amankora Signature Treatments	
Mindfulness	
Spa Reminders	
<u>Amankora Punakha</u>	36-46
Aman Signature Treatments	
Grounding	
Purifying	
Nourishing	
Amankora Signature Treatments	
Result-Oriented Facial	
Mindfulness	
Spa Reminders	
<u>Amankora Bumthang</u>	47-56
Aman Signature Treatments	
Grounding	
Purifying	
Nourishing	
Amankora Signature Treatments	
Mindfulness	
Spa Reminders	

Wellness at Amankora

Wellness is more than being healthy in body and mind. It is a dynamic process of change and growth, a state of complete physical and mental wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind – nutrition, movement, psychological health and bodywork - to achieve integrated holistic wellness for every guest. Treating the whole – mind, body and spirit – by integrating ancient healing practices with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that we hope extends far beyond the physical boundaries of Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey at home, and the resilience and focus to put them into action.

An Ancient Spa Language

Healing has fascinated humankind since ancient times. Today, we have access to time-tested healing systems, as well as cutting-edge modern medicine. Some ancient practices are now proven. Others have evolved over millennia and simply offer benefits beyond explanation.

Ancient healing systems, such as Ayurveda and Traditional Chinese Medicine (TCM), are based on complex theories of the human body and mind. They incorporate aspects of health otherwise unexplored in complimentary medicine.

Delve into this world, however, and an intriguing new language begins to explain how our bodies work. Understanding the philosophy behind traditional healing is not a prerequisite for enjoying its benefits. Aman Spa aims to demystify this language for those wishing to explore more.

Our spa menus draw inspiration from traditional healing systems the world over. Simply ask our expert therapists to understand more about any of our ingredients or treatments.



AMANKORA PARO

Aman Signature Treatments



Available at Aman Spa destinations around the world, these Signature Treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual acts as a prelude to each - a symbolic act of service that fosters trust ahead of the treatments to come.

Grounding

Grounding treatments work as a balm for the busyness of everyday modern life. They impart a feeling of safety, offering reassurance and reconnection.

Grounding Massage Ritual

60 / 90 minutes

A Ku Nye full-body massage honours ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

Grounding Face Ritual

60 minutes

Suitable for normal, dry and combination skin, this facial incorporates rose-quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a mask of Peruvian black mud and amethyst crystal, and a Tibetan head massage.

Grounding Body Polish & Wrap Ritual

90 minutes

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky Smoked Body Butter.

Grounding Journey

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. Incorporating elements of all three Grounding treatments, the Grounding Journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each one ensures guests feel connected, centred and ready to reach a place of perfect contentment.

Purifying

Purifying treatments act as a powerful spiritual cleanser, lending protection, clearing stagnant energy and stabilising the heart and mind. Old energies and emotions are ushered away, creating new space for mind, body and soul.

Purifying Massage Ritual

60 / 90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Purifying Face Ritual

60 minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

Purifying Body Polish & Wrap Ritual

90 minutes

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its ability to attune energy levels. Seaweed-packed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine-flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with a Palo Santo Salve, applied over the whole body.

Purifying Journey

180 minutes

This in-depth journey embraces purification on every level, from cleansing the skin and detoxifying the body, to clearing negative energy and focusing the mind. Incorporating elements of all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual, and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace.

Nourishing

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their true authentic self.

Nourishing Massage Ritual

60 / 90 minutes

A deeply relaxing experience, this treatment incorporates chakra balancing technique and marma point therapy to balance energy, releasing negativity and bringing the body back to a state of awareness and equilibrium. On a physical level, the rhythmic massage dissipates muscular tension.

Nourishing Face Ritual

60 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana, described as the universal life energy that enters the body via breath.

Nourishing Body Polish & Wrap Ritual

90 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich clay, toning rose hydrolat and anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

Nourishing Journey

180 minutes

This journey aims to combine elements of these Nourishing treatments in an immersive experience. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Body and mind are left restored, and a deep sense of renewal endures.

Result-Oriented Facial



Aman Advanced Facial

60 minutes

A rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness. The use of red and blue light therapy follows, before the treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve an exceptional glow.



Amankora Signature Treatments

Jet Lag Reviver

90 minutes

Recommended for those recovering from a long journey or busy lifestyle. The treatment consists of a deeply relaxing hot stone massage focusing on deep pressure points, a neck, shoulder and scalp massage to reduce tension and promote relaxation, plus a nourishing facial massage to re-energise the skin.

To finish, foot reflexology promotes circulation while a short breath-work session will seek to improve and stimulate your lymphatic system, helping flush out toxins while decreasing swelling and inflammation.

Himalayan Hot Stone Bath

60 minutes

Amankora Paro's own Himalayan hot-stone bath is inspired by a traditional, therapeutic treatment, where natural river stones are heated and lowered into the bath to release beneficial minerals, while the local Khempa herb infuses the water with its healing properties. It is recommended to begin any spa treatment with a traditional Bhutanese Hot Stone Bath to release your tension, relax the body and cleanse your skin. Kindly give us a few hours' notice to prepare the bath and the stones.

Hot Stone Massage

90 minutes

A combination of warm stones and massage penetrates deeply into the body to soothe and relax muscles. Heated basalt stones act as an extension of the hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

Thai Massage

90 minutes

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is uniquely relaxing yet energising and is a highly effective therapeutic treatment. It is performed over loose, comfortable clothing.

Trekker Massage

60 minutes

The perfect response to a long day of walking, this massage concentrates on the foot's reflexology points and the muscles in the legs, using stimulating peppermint and rosemary to soothe tiredness and revitalise the body and mind.

Amankora Holistic Massage

30 / 60 minutes

Our therapists combine unique healing touch with a range of diverse techniques to create a tailor-made treatment, which can either focus on specific areas of tension or promote an overall sense of relaxation and well-being.



Mindfulness

Amankora's Spa is complemented by a Movement Studio overlooking the calming Himalayan blue pine forest, where personal fitness and health goals can be achieved with the help of our movement specialists and a wide range of immersive classes.

Yoga

Yoga is a tradition that originated in India more than three thousand years ago. Its purpose is to help us achieve our highest potential and to experience enduring health, happiness and wellness. With regular practice, it is said that quality of life, physical health and mental wellbeing can be improved.

Sound Bath

During this meditative journey, healing instruments and music are used to immerse guests in relaxing new soundscapes. The goal is to bring about a regenerated state of rest, rebalance energy pathways and create an instant feeling of wellbeing.

Private Sessions

60 / 90 minutes

We recommend booking yoga sessions at least three days in advance to ensure availability. For all yoga cancellations, a minimum of 24-hours notice is required after which you will be subject to the full charge.

Spa Reminders

Operating Hours

Spa

Daily from 2-10pm (last treatment 10pm)

Appointments

Advance booking is recommended to ensure a wide availability of time and services are available. Please dial extension number 211 to contact the spa directly.

Treatment Preparation

We recommend guests arrive 10 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

Spa Environment

The minimum age for spa treatments or use of the gym is 13. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for spa treatments.

Valuables

Please leave valuables in the safe in your suite.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate. Once spa time is reserved, we kindly ask for a minimum of four hours' cancellation notice. Cancellations made within four hours will be subject to the full charge of the booked treatment.

Special Considerations

Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa to highlight any medical or health concerns.

Pricing

All prices are subject to local tax and service charge.

Package

Treatments included in the package can be extended for longer periods and will be charged at full menu price for the additional service.



AMANKORA THIMPHU

Aman Signature Treatments



Available at Aman Spa destinations around the world, these Signature Treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual acts as a prelude to each - a symbolic act of service that fosters trust ahead of the treatments to come.

Grounding

Grounding treatments work as a balm for the busyness of everyday modern life. They impart a feeling of safety, offering reassurance and reconnection.

Grounding Massage Ritual

60 / 90 minutes

A Ku Nye full-body massage honours ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

Grounding Face Ritual

60 minutes

Suitable for normal, dry and combination skin, this facial incorporates rose-quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a mask of Peruvian black mud and amethyst crystal, and a Tibetan head massage.

Purifying

Purifying treatments act as a powerful spiritual cleanser, lending protection, clearing stagnant energy and stabilising the heart and mind. Old energies and emotions are ushered away, creating new space for mind, body and soul.

Purifying Massage Ritual

60 / 90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Purifying Face Ritual

60 minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

Nourishing

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their true authentic self.

Nourishing Massage Ritual

60 / 90 minutes

A deeply relaxing experience, this treatment incorporates chakra balancing technique and marma point therapy to balance energy, releasing negativity and bringing the body back to a state of awareness and equilibrium. On a physical level, the rhythmic massage dissipates muscular tension.

Nourishing Face Ritual

60 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana, described as the universal life energy that enters the body via breath.

Result-Oriented Facial



Aman Advanced Facial

60 minutes

A rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness. The use of red and blue light therapy follows, before the treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve an exceptional glow.



Amankora Signature Treatments

Jet Lag Reviver

90 minutes

Recommended for those recovering from a long journey or busy lifestyle. The treatment consists of a deeply relaxing hot stone massage focusing on deep pressure points, a neck, shoulder and scalp massage to reduce tension and promote relaxation, plus a nourishing facial massage to re-energise the skin.

To finish, foot reflexology promotes circulation, while a short breath-work session will seek to improve and stimulate your lymphatic system, helping flush out toxins while decreasing swelling and inflammation.

Hot Stone Massage

90 minutes

A combination of warm stones and massage penetrates deeply into the body to soothe and relax muscles. Heated basalt stones act as an extension of the hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

Thai Massage

90 minutes

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is uniquely relaxing yet energising and is a highly effective therapeutic treatment. It is performed over loose, comfortable clothing.

Trekker Massage

60 minutes

The perfect response to a long day of walking, this massage concentrates on the foot's reflexology points and the muscles in the legs, using stimulating peppermint and rosemary to soothe tiredness and revitalise the body and mind.

Hot Oil Head Massage

60 minutes

This signature treatment is based on the ancient healing system of Ayurveda. Warmed coconut oil nourishes the hair and the scalp, while the back, neck and shoulder massage offers a relaxing addition to this luxurious treatment. Deep thumb pressure, friction and soothing strokes, combined with the warmth of the oil, helps to reduce tension, improves circulation, and flushes out physical and emotional toxins.

Amankora Holistic Massage

30 / 60 minutes

Our therapists combine unique healing touch with a range of diverse techniques to create a tailor-made treatment, which can either focus on specific areas of tension or promote an overall sense of relaxation and well-being.



Mindfulness

Amankora's Spa looks out across a picturesque landscape dotted with soaring pines, where personal fitness and health goals can be achieved with the help of our movement specialists and immersive classes.

Yoga

Yoga is a tradition that originated in India more than three thousand years ago. Its purpose is to help us achieve our highest potential and to experience enduring health, happiness and wellness. With regular practice, it's said that quality of life, physical health and mental wellbeing are improved.

Sound Bath

During this meditative journey, healing instruments and music are used to immerse guests in relaxing new soundscapes. The goal is to bring about a regenerated state of rest, rebalance energy pathways and create an instant feeling of wellbeing.

Private Sessions

60 / 90 minutes

We recommend booking yoga sessions at least three days in advance to ensure availability. For all yoga cancellations, a minimum of 24 hours' notice is required, after which you will be subject to the full charge.

Spa Reminders

Operating Hours

Spa

Daily from 2-10pm (last treatment at 10pm)

Appointments

Advance booking is recommended to ensure a wide availability of time and services are available. Please dial extension number 303 to contact the spa directly.

Treatment Preparation

We recommend guests arrive 10 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

Spa Environment

The minimum age for spa treatments or use of the gym is 13. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for spa treatments.

Valuables

Please leave valuables in the safe in your suite.

Cancellation Policy

We understand that schedules change, and we will do our best to accommodate. Once spa time is reserved, we kindly ask for a minimum of four hours' cancellation notice. Cancellations made within four hours will be subject to the full charge of the booked treatment.

Special Considerations

Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa to highlight any medical or health concerns.

Pricing

All prices are subject to local tax and service charge.

Package

Treatments included in the package can be extended for longer periods and will be charged at full menu price for the additional service.



AMANKORA GANGTEY

Aman Signature Treatments



Available at Aman Spa destinations around the world, these Signature Treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual acts as a prelude to each - a symbolic act of service that fosters trust ahead of the treatments to come.

Grounding

Grounding treatments work as a balm for the busyness of everyday modern life. They impart a feeling of safety, offering reassurance and reconnection.

Grounding Massage Ritual

60 / 90 minutes

A Ku Nye full-body massage honours ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

Grounding Face Ritual

60 minutes

Suitable for normal, dry and combination skin, this facial incorporates rose-quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a mask of Peruvian black mud and amethyst crystal, and a Tibetan head massage.

Purifying

Purifying treatments act as a powerful spiritual cleanser, lending protection, clearing stagnant energy and stabilising the heart and mind. Old energies and emotions are ushered away, creating new space for mind, body and soul.

Purifying Massage Ritual

60 / 90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Purifying Face Ritual

60 minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

Nourishing

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their true authentic self.

Nourishing Massage Ritual

60 / 90 minutes

A deeply relaxing experience, this treatment incorporates chakra balancing technique and marma point therapy to balance energy, releasing negativity and bringing the body back to a state of awareness and equilibrium. On a physical level, the rhythmic massage dissipates muscular tension.

Nourishing Face Ritual

60 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana, described as the universal life energy that enters the body via breath.



Amankora Signature Treatments

Traditional Hot Stone Bath

60 minutes

Amankora's Hot Stone Bath takes place in a candle-lit stone hut on a hill, a 10-minute walk from the Gangtey lodge. You have the unique opportunity to soak in a wooden tub out in the open and enjoy this traditional Bhutanese healing experience. The sliding bamboo doors allow full privacy yet offer open views of the magnificent Phobjikha Valley.

Your body will benefit from the minerals in the heated stones and the healing effects of the local Khempa herb. Sit back and unwind in the bath for as long as you wish while sipping on a cup of hot apple cider and watching the sunset.

Hot Stone Massage

90 minutes

A combination of warm stones and massage that penetrates deeply into the body to soothe and relax muscles. Heated basalt stones act as an extension of the hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

Thai Massage

90 minutes

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is uniquely relaxing yet energising and is a highly effective therapeutic treatment. It is performed over loose, comfortable clothing.

Trekker Massage

60 minutes

The perfect response to a long day of walking, this massage concentrates on the foot's reflexology points and the muscles in the legs, using stimulating peppermint and rosemary to soothe tiredness and revitalise the body and mind.

Hot Oil Head Massage

60 minutes

This signature treatment is based on the ancient healing system of Ayurveda. Warm coconut oil nourishes the hair and the scalp, while a back, neck and shoulder massage offers a relaxing addition to this luxurious treatment. Deep thumb pressure, friction and soothing strokes combined with the warmth of the oil help to reduce tension, improve circulation, and flush out physical and emotional toxins.

Amankora Holistic Massage

30 / 60 minutes

Our therapists combine unique healing touch with a range of diverse techniques to create a tailor-made treatment, which can either focus on specific areas of tension or promote an overall sense of relaxation and well-being.



Mindfulness

Amankora's Spa overlooks the dramatic Gangtey valley, where personal fitness and health goals can be achieved with the help of our movement specialists and immersive classes.

Yoga

Yoga is a tradition that originated in India more than three thousand years ago. Its purpose is to help us achieve our highest potential and to experience enduring health, happiness and wellness. With regular practice, it is said that quality of life, physical health and mental wellbeing are improved.

Sound Bath

During this meditative journey, healing instruments and music are used to immerse guests in relaxing new soundscapes. The goal is to bring about a regenerated state of rest, rebalance energy pathways and create an instant feeling of wellbeing.

Private Sessions

60 / 90 minutes

We recommend booking yoga sessions at least three days in advance to ensure availability. For all yoga cancellations, a minimum of 24 hours' notice is required after which you will be subject to the full charge.

Spa Reminders

Operating hours

Spa

Daily from 2-10pm (last treatment 10pm)

Appointments

Advance booking is recommended to ensure a wide availability of time and services are available. Please dial extension number 202 to contact the spa directly.

Treatment Preparation

We recommend guests arrive 10 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

Spa Environment

The minimum age for spa treatments or use of the gym is 13. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for spa treatments.

Valuables

Please leave valuables in the safe in your suite.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate. Once spa time is reserved, we kindly ask for a minimum of four hours' cancellation notice. Cancellations made within four hours will be subject to the full charge of the booked treatment.

Special Considerations

Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa to highlight any medical or health concerns.

Pricing

All prices are subject to local tax and service charge.

Packages

Treatments included in the package can be extended for longer periods and will be charged at full menu price for the additional service.



AMANKORA PUNAKHA

Aman Signature Treatments



Available at Aman Spa destinations around the world, these Signature Treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual acts as a prelude to each - a symbolic act of service that fosters trust ahead of the treatments to come.

Grounding

Grounding treatments work as a balm for the busyness of everyday modern life. They impart a feeling of safety, offering reassurance and reconnection.

Grounding Massage Ritual

60 / 90 minutes

A Ku Nye full-body massage honours ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

Grounding Face Ritual

60 minutes

Suitable for normal, dry and combination skin, this facial incorporates rose-quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a mask of Peruvian black mud and amethyst crystal, and a Tibetan head massage.

Purifying

Purifying treatments act as a powerful spiritual cleanser, lending protection, clearing stagnant energy and stabilising the heart and mind. Old energies and emotions are ushered away, creating new space for mind, body and soul.

Purifying Massage Ritual

60 / 90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Purifying Face Ritual

60 minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

Nourishing

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their true authentic self.

Nourishing Massage Ritual

60 / 90 minutes

A deeply relaxing experience, this treatment incorporates chakra balancing technique and marma point therapy to balance energy, releasing negativity and bringing the body back to a state of awareness and equilibrium. On a physical level, the rhythmic massage dissipates muscular tension.

Nourishing Face Ritual

60 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana, described as the universal life energy that enters the body via breath.



Amankora Signature Treatments

Hot Stone Massage

90 minutes

A combination of warm stones and massage penetrates deeply into the body to soothe and relax muscles. Heated basalt stones act as an extension of the hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

Thai Massage

90 minutes

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is uniquely relaxing yet energising and is a highly effective therapeutic treatment. It is performed over loose, comfortable clothing.

Trekker Massage

60 minutes

The perfect response to a long day of walking, this massage concentrates on the foot's reflexology points and the muscles in the legs, using stimulating peppermint and rosemary to soothe tiredness and revitalise the body and mind.

Amankora Holistic Massage

30 / 60 minutes

Our therapists combine unique healing touch with a range of diverse techniques to create a tailor-made treatment, which can either focus on specific areas of tension or promote an overall sense of relaxation and well-being.

Result-Oriented Facial

Intracutaneous Oxygen Infusion Facial

60 minutes

Our lightweight, oil-free hydrating gel delivers potent antioxidants and vitamins to the skin. Formulated with natural plant-based extracts, it soothes and comforts problem-prone skin. This treatment helps exfoliate the skin surface, deeply hydrates, shields problem-prone skin from external free radicals, and provides antioxidants and vitamins to safeguard blemish-prone sensitive skin. Additionally, it calms irritation, reduces redness, and aids in preventing the visible signs of premature ageing.



Mindfulness

Amankora's Spa is complemented by a Movement Studio, with serene views over the pool and paddy fields, where personal fitness and health goals can be achieved with the help of our movement specialists and a wide range of immersive classes.

Yoga

Yoga is a tradition that originated in India more than three thousand years ago. Its purpose is to help us achieve our highest potential and to experience enduring health, happiness and wellness. With regular practice, it is said that quality of life, physical health and mental wellbeing are improved.

Sound Bath

During this meditative journey, healing instruments and music are used to immerse guests in relaxing new soundscapes. The goal is to bring about a regenerated state of rest, rebalance energy pathways and create an instant feeling of wellbeing.

Private Sessions

60 / 90 minutes

We recommend booking yoga sessions at least three days in advance to ensure availability. For all yoga cancellations, a minimum of 24-hours notice is required after which you will be subject to the full charge.

Spa Reminders

Operating Hours

Spa

Daily from 2-10pm (last treatment at 10pm)

Appointments

Advance booking is recommended to ensure a wide availability of time and services are available. Please dial extension number 205 to contact the spa directly.

Treatment Preparation

We recommend guests arrive 10 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

Spa Environment

The minimum age for spa treatments or use of the gym is 13. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for spa treatments.

Valuables

Please leave valuables in the safe in your suite.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate. Once you have reserved a time, we kindly ask for a minimum of four hours' cancellation notice. Cancellations made within four hours will be subject to the full charge of the booked treatment.

Special Considerations

Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa to highlight any medical or health concerns.

Pricing

All prices are subject to local tax and service charge.

Package

Treatments included in the package can be extended for longer periods and will be charged at full menu price for the additional service.



AMANKORA BUMTHANG

Aman Signature Treatments



Available at Aman Spa destinations around the world, these Signature Treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual acts as a prelude to each - a symbolic act of service that fosters trust ahead of the treatments to come.

Grounding

Grounding treatments work as a balm for the busyness of everyday modern life. They impart a feeling of safety, offering reassurance and reconnection.

Grounding Massage Ritual

60 / 90 minutes

A Ku Nye full-body massage honours ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

Grounding Face Ritual

60 minutes

Suitable for normal, dry and combination skin, this facial incorporates rose-quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a mask of Peruvian black mud and amethyst crystal, and a Tibetan head massage.

Purifying

Purifying treatments act as a powerful spiritual cleanser, lending protection, clearing stagnant energy and stabilising the heart and mind. Old energies and emotions are ushered away, creating new space for mind, body and soul.

Purifying Massage Ritual

60 / 90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Purifying Face Ritual

60 minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

Nourishing

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their true authentic self.

Nourishing Massage Ritual

60 / 90 minutes

A deeply relaxing experience, this treatment incorporates chakra balancing technique and marma point therapy to balance energy, releasing negativity and bringing the body back to a state of awareness and equilibrium. On a physical level, the rhythmic massage dissipates muscular tension.

Nourishing Face Ritual

60 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana, described as the universal life energy that enters the body via breath.



Amankora Signature Treatments

Zen Massage

90 minutes

Introducing our transcendent Zen Massage, meticulously curated to deliver a harmonious blend of dynamic stretches and precise pressure-point stimulation. Delight in the enveloping embrace of our soothing oil massage techniques, meticulously crafted to elevate blood circulation, release toxins and enhance joint flexibility.

Hot Stone Massage

90 minutes

A combination of warm stones and massage penetrates deeply into the body to soothe and relax muscles. Heated basalt stones act as an extension of the hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

Thai Massage

90 minutes

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is uniquely relaxing yet energising and is a highly effective therapeutic treatment. It is performed over loose, comfortable clothing.

Trekker Massage

60 minutes

The perfect response to a long day of walking, this massage concentrates on the foot's reflexology points and the muscles in the legs, using stimulating peppermint and rosemary to soothe tiredness and revitalise the body and mind.

Hot Oil Head Massage

60 minutes

This signature treatment is based on the ancient healing system of Ayurveda. Warmed coconut oil nourishes the hair and the scalp, while the back, neck and shoulder massage offer a relaxing addition to this luxurious treatment. Deep thumb pressure, friction and soothing strokes along with the warmth of the oil help reduce tension, improve circulation, and flush out physical and emotional toxins.

Amankora Holistic Massage

30 / 60 minutes

Our therapists combine unique healing touch with a range of diverse techniques to create a tailor-made treatment, which can either focus on specific areas of tension or promote an overall sense of relaxation and well-being.



Mindfulness

Amankora's Spa overlooks the exquisite Wangdicholing Palace, adding a touch of grandeur to the wellness experience, where personal fitness and health goals can be achieved with the help of our movement specialists and immersive classes.

Yoga

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Sound Bath

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Private Sessions

60 / 90 minutes

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Spa Reminders

Operating Hours

Spa

Daily from 2-10pm (last treatment 10pm)

Appointments

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Treatment Preparation

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Spa Environment

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Guest Attire

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Valuables

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Cancellation Policy

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S P A

AMANKORA
Bumthang, Thimphu
Punakha, Gangtey
Paro 12001
Bhutan